This is a portion of an interview clipped from the Daily Herald, of Clinton, Iowa, It mucht well be taken for the subject of a temperance lecture, but that is not our object on publishing it. It is to show how a system, run down by drink and disease, may be restored. We cannot do better than quote further from the same:

"For years I was

For years I was unable to do my work. I could not sleep nights or rest days on account of continuous pains in continuous pains in my stomach and back. I was unable to digest my rood. Headaches and painfrequent, and my heart's action became increased. left my farm and re-tired to city life, for I was a confirmed invalid, and the docinvand, and the does tors said I would never be well again.
"Soon after I happened to use four boxes of Dr. Williams Pink Pills for I Retoed to CityLife.

hams I'mk I'ms for Pale People and since then I have been free from all pain, headache and dyspepsia. I cat heartily and have no appetite for strong heartily and have no appetite for strong drink or tea or coffee, and feel twenty years

younger,
"My weight has increased 48 pounds. I cannot say too much for Dr. Williams' Pink Pills and claim that they have cured me.
"JOHN B. COOK." "JOHN B. COOK."

Subscribed and sworn to before me this sixteenth day of February, 1897.

A. P. BARKER, Notary Public.

To people run down in health from what-

ever cause—drink or disease—the above in-terview will be of interest. The truth of it is undoubted as the statement is sworn to, and we reproduce the oath here. For any further facts concerning this medicine write Williams' Medicine Company, Schenectady, N. Y.

nectady, N. 1.

The name and address of the subject of above interview is John B. Cook, of 208 South 5th Street, Lyon, Iowa.

The Bruss of Critics.

"I often marvel," said Pennington, the author, "at these critics who in an hour's time blast a work over which we authors spent a year." es." replied Cawstik, who had read

Pennington's latest, "when a minute would suffice them to say all that is necessary."— Philadelphia North American.

Give the Children a Drink

called Grain-O. It is a delicious, appetizing, nourishing food drink to take the place of coffee. Sold by all grocers and liked by all who have used it, because when properly prepared it tastes like the finest coffee but is free from all its injurious p operties. Grain O aids digestion and strengthens the nerves. It is not a stimulant but a health builder, and children, as well as adults, can drink it with great benefit. Costs about \(\frac{1}{2} \) as much as coffee. 15 and 25c.

The recording angel never credits a man Charago Daily News.

FOR AND ABOUT WOMEN.

Miss Jessie Fuller is the competent and efficient clerk of the supreme court of the state of South Dakota,

Mrs. Jennie C. Croly ("Jennie June") was appointed by Mayor Strong, of New York, an inspector of public schools for a term of five years. Baroness Hirsch will found a colony

pear Smyrna for the 150 families who fled from Russia, some three years ago, on account of persecution. Mrs. Janet Carlyle Hanning, sister

of Thomas Carlyle, and the last member of the family, died a few days ago at the residence of her son-in-law in Toronto, aged 85 years.

Miss Estede Reel has been a success | for the benefit of others.-Homestend. as state superintendent of public instruction in Wyoming. By virtue of her office she has charge of leasing and selling the state school lands. Under her administration the income of the state from this source has increased from \$100 to \$1,000 a week. Just now she is trying to get a longer tenure of office for teachers.

LITERARY GOSSIP.

The wife of Richard Hovey, the poet, is a teacher of the Delsarte system. Rudyard Kipling has given permission to Miss Olga Nethersole to drama-

tize his novel, "the Light That Failed." One of the novel features of the great interest in Mr. Bellamy's "Equality" in the west was the display of a huge imitation copy on a float in the Labor day

parade in an Illinois city. Miss Adeline Knapp, whose "Upland Pastures" has been so favorably received, is preparing for publication another volume along the same line. She is also editing a version of some of the

Arabian Nights entertainments for children. Mr. Duncan Campbell Scott, the Canadian poet, has a volume of verse entitled "Laborand the Angel," in press. The book is named after the initial poem, and will contain several others of considerable length, besides many

HINTS FOR THE HOUSEWIFE.

songs and lyrics.

To remove black grease stains from clothing, wash with soap and cold water. Hot water would only set the marks.

Discolored enameled saucepans can often be made to look like new by boiling a little chloride of lime in the water with which they are filled.

Admit plenty of air to your storeroom on a clear dry day, for air is necessary to all sweet preserves. Those kept in an air-tight room or cupboard are apt to ferment.

To test the purity of coffee, pour cold water on it. If the water assumes a brownish hue, it may be concluded that there is chicory with it.

To clean an enameled bath take one heaped tablespoonful of kitchen salt, moisten it with turpentine, and with it scour the bath. Then rub with s clean cloth. Before beginning operations take care that the bath is perfectly dry.

SEEN IN THE SHOPS,

Angora gloves for men's wear. Colored tulle having dots of chenille Velvet waists having spangled fronts. White and gilt braid, round, for braid-

THE FARMING WORLD.

POINTS ABOUT HEIFERS.

How to Develop Them Into What They Should Be.

The heifer is the mother of the dairy cow, and the heifer will be what her antecedents and your care make her. It is too late to look after the antecedents of the calves already born, but not too late to keep them in a growing condition, and growing into what they ought to be. If designed for beef, says a writer in New York Produce Review, feed freely with corn; if designed for the dairy, oats are a most excellent food. They will not be so fat as they would if fed on corn, but fatness is not what is desired in a dairy animal. On the contrary, it is something to steer clear of. If you teach the heifer to fatten she will not depart from the habit when she is a cow. If you want her to excel at the pail give her food that is rich in muscle-making elements rather than a fattening food. Skim milk is good for a dairy heifer up to several months of age, and when she is weaned from milk oats will serve an excellent purpose. In truth, cats should be fed before the diet of skim milk is withdrawn. It is far from impossible to ruin a heifer so far as milk production goes by feeding too much rich food, and it is possible to hurt her seriously by withholding a sufficiency of food. Of the two evils too much food is worse than too little, but it is less liable to occur, for where one is injured by too much food. probably 100 are injured by too little. and it is a safe guess to make that at least half of the heifer calves are tectoo much like steers for them ever to make the best kind of cows. Choose corn and timothy hay for the steers and oats and clover hay for the heifers. In feeding hay, early cut hay for heifers and later cut for steers is in the righ

SCOURING IN CALVES.

Only About Ten Per Cent. of Those Attacked Are Saved.

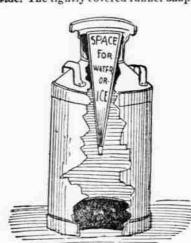
Scouring in calves gives trouble on all, and sometimes causes very serious loss on some farms. It is an infectious dysentery in young animals, and frequently less than ten per cent, of those attacked are saved. The more general trouble is known as white scours or gastro-enteritis, and most farmers have a private remedy for it. A great thing is to prevent scour if possible by the careful changing of food and attention to diet generally. On looking through the cow houses on a large Danish dairy farm recently I noticed that in the troughs in the calf pens there were always two lumps for the animals to lick. One was the customary piece of rock salt and the other a piece of chalk. To an inquiry, the learned professor who had the farm under his direction replied that it was to keep the calves from becoming sour in the stomach. He added that rock salt and chalk were easily accessible, and the calves were never or rarely troubled with the complaint which is so prevalent on American farms. In all probability it may be an old-fashioned precaution, known to many people, as prepared chalk is a constituent of some remedies for diarrhea and scouring, but it is not generally followed. It is easy of trial, and those who put it to a test would do well to relate their experience, favorable or otherwise, as the case may be,

IMPROVED MILK CAN.

It Will Not Spiil Its Contents Even When Upset.

Here is the picture of a can that has been highly praised as a hot-weather milk receptacle. It is closed tight and capped over at the top, so that it will not spill the fluid, even if upset.

The picture shows a section of the inside. The tightly covered funnei-shaped



HOT WEATHER MILK CANS.

receptacle projecting down into the can contains enough ice or ice water to keep cool at the same time that it prevents the milk from being shaken and churned about so much as it otherwise would be, thus causing it to keep sweet longer. The can is shown closed at the top in the illustration.-San Francisco Chroniele.

Culture of Licorice. Surely, in some part of our great country, licorice would be found to thrive. And yet all attempts made to cultivate it have failed. The difficulty seems to be with the summer sun. Leaves blight and turn brown as soon as the weather becomes warm; but this would probably not be the case in submountainous regions. When it is remembered that nearly 20,006 tons of these roots come into the United States every year from the old world its culture here is surely a prize worth contending for .- Mechan's Monthly.

If rhubarb can be got into market early in the spring, it is a very remunerative crop, sometimes paying a net profit of \$250 per sere.

Two degrees above the freezing point is said to be maintained in cold storage for apples.

Sal soda is the cheapest and best mater'al for cleansing dairy utensils.

THE CANADIAN GOLD FIELDS. They Do Not All Lie in the Yukon.



The exthe past few months has drawn a great many peo-ple to the a na dian

the search for gold, and has diverted the attention of many others. But in order the scatch for goal, and many attention of many others. But in order to get there it is necessary that a man should be possessed of the best of health, strong powers of endurance and considerable means. He leaves his wife and his family for a considerable period, and the hard-ships he has to endure are all unknown to him.

him.

Canada has other gold fields, though. They are the fields that produce her golden grain. This year the crop of Manitoba, lying north of North Dakota, yielded 21,000,000 bushels of wheat alone. The current price averages 76 cents, which, as a local paper puts it, "makes the product in gold this year, for wheat alone, equal to a value of \$15,960,000." Twenty thousand farmers did this, or an average to each producer of about \$798.

"But these same farmers are not being in the search of the same farmers are not being in the search of the same farmers are not being in the same farmers.

But these same farmers are not living by "But these same farmers are not living by wheat alone. This is only one source of revenue to them out of many. They have also beef, butter, potatees, oats, barley and poultry to sell, and sometimes other things, so that it may be fairly estimated that their incomes will average at least \$1,000 per farmer. Thus Manitoba fields have yielded this year fully \$20,000,000 in gold, divided among 20,000 actual producers, and a general normal. 000 actual producers, and a general popula tion of about 200,000."

After counting the cost of stamp mills, expenses of men, etc., rich as is the Klondike, such vast wealth as is being taken out of the soil in raising wheat in this one province, cannot possibly be secured in any mining district. Of course mining development as sists agricultural development, and that is why the Government of Canada feels so much assurance in predicting prosperity to all who take up farms in Canada. Western Canada to day promises more than any other known field that is open to immigration. Farms of 160 acres, capable of producing the best No. 160 acres, capable of producing the best No. I hard wheat, yielding thirty to forty hushels to the acre, are given away free. Railways, markets, schools, churches—all are convenient. The Canadian form of government is one of the most liberal known, and a hearty welcome is given to settlers of all nationalities. Already there are many settlers gone in from the states, and the reports from them are highly favorable. Those desiring information as to free homestead laws, low transportation rates, etc., will have low transportation rates, etc., will have pamphlets, etc., sent free on application to the Department of the Interior, Ottawa, or to any agent of the Government. J. S. Crawford, Canadian Government Agent, 408 Board of Trade Building, Kan-sas City, Mo.

Racial Characteristics.

Tom—It takes an Irishman for ready wit.
Dick (who has just visited his "uncle")—
And a Jew for ready cash.—Up To Date.

A cold—sore and stiff. All right again St. Jacobs Oil did it—cured.

A girl puts in a great deal of her spare time reading advertisements and wanting things,—Washington Democrat.

Hawaii and Japan.

Despatches from Washington state that there are about to be important develop-ments in the Japanese imbroglio with the government of the Hawaiian Islands. Howgovernment of the Hawaiian Islands. How-ever this may be, certain it is that the dis-turbance of the stomach caused by simple indigestion will develop into chronic dys-pepsia unless checkmated at the start. The finest stomachie is Hostetter's Stomach Bit-ters, which promptly rectifies gastric trou-ble, and does away with irregularity of the bowels and liver. bowels and liver.

The fellows who run for office on slight provocation are also apt to run for the Klondike without knowing much of the facts. Atchison Globe.

A dull, racking pain—neuralgia. Its sure Cure—St. Jacobs Oil,

The true culture of personal beauty is not external; it is heart work.—J. R. Miller.

Coughing Lends to Consumption. Kemp's Balsam will stop the cough at once. Go to your druggist to-day and get a sample bottle free. Large bottles, 50 cents and \$1.00. Go at once; delays are dangerous.

A woman will buy all she uses about the house and make up for it by doing her own work and think she is saving money.— Washington Democrat.

A cruel pain—scratica. Its cure is sure. Use St. Jacobs Oil.

Talk isn't cheap when you hire a lawyer to do it for you.—Chicago Daily News,

Lane's Family Medicine.

Moves the bowels each day. In order to be healthy this is necessary. Acts gently o the liver and kidneys. Cures sick headache. Our idea of being just rich enough is to

be in such circumstances that one can send telegrams instead of having to write letters.

—Atchison Globe. Cold quickens rheumatism, but quickly, Surely, St. Jacobs Oil cures it.

The long-headed clergyman preaches the shortest sermon.—Chicago Daily News.

	THE MARKE	TS.		
	NEW YORK, January 20, 1898.			
	CATTLE—Native Steers \$ 4 40 10 \$ 5 25			
	Allin,-Native Steers	5 4 40		
	COTTON Middling	6.600	196	
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	WILEAT No. 2 Red FORN No. 2		96	3.82
	FORN-No.2	The state of	85	2474
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	COTTON-Middling	(Access	68	5%
	BEEVES Steers	3 25	63	5 15
	Cows and Heiters	2 10		4 00
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c.	HOGS-Fair to Select	3 49	8	3 70
	SHEEP-Fair to Choice	3 2	12	4 60
	FLOUR-Patents	4 65	3	
	Clear and Straight	3 85	123	4 45
•	WHEAT No. 2 Red Winter		80	E0114
	CONTRACT NO. O Milmord		144	26
	OATS No. 2 RYE-No. 2		96	2314
	RYE-No.2	4.8	64	4454
	TOBACCO-Lugs	2.00	66	5.50
	Leaf Burley	4.50	0	12 00
U	HAY Clear Timothy	+ 50	38	10 06
M	DATE CREAT THROUNG			10 06
Ш	BUTTER-Choice Dairy	11		
	EGGS Fresh	2.22	64	. 15
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S	LARD-Prime Steam		65	416
	CHICAGO.		-	
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3	HOGS Fair to Choice	3 45	6	3 75
N	SHEEP-Fair to Choice	3 00	42	4 60
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ül	Spring Patents	4.40	0	4 70
v	WHEAT-No. 2 spring	87	86	8714
Ж	No. 2 Red (new)	1925	614	93
	CORN-No. 2	263	160	97
4	OATS-No. 2	****	96	23
3	PORK-Mess (new)	9 35		9 40
ı	KANSAS CITY.	- 1000	-	- 100
J	CATTLE-Native Steers	3.75	0	4.90
H	HOGS-All Grades	3 40		3 6254
П	WHEAT-No. 2 Hard			
4	O Une No. o Hard	83	144	85)2
-	OATS-No. 2 White	<+++	2	24
- 1	CORN-No. 2	243	10	24%
-	NEW ORLEANS			
4	FLOUR-High Grade	4.50	52	5 00

Friend—What is the matter, Blankley? You're all cut about and your arm in a sling, as though you had been in a fight, and yet you look beaming and smiling over ft all.

Blankley—The fact is, I have all along thought my boy Harold a sort of a muff, and I undertook to give him some boxing lessons. This is the result of the first lesson. O, I'm proud of that boy.—Odds and Ends.

Best of All

To cleanse the system in a gentle and truly beneficial manner, when the Springtime comes, use the true and perfect remedy. Syrup of Figs. Buy the genuine. Manufactured by the California Fig Syrup Co. only, and for sale by all druggists, at 50 cents per bettle. cents per bottle.

Just a Scheme, of Course.

Tenpenny-Here is an account in the paper of a man who was shipwrecked in mid-ocean and cast away on a desert island with another man's wife.

Mrs. Tupenny—The wretch! I hope his wife got a divorce from him!-Town Topics.

Fits stopped free and permanently cured. No fits after first day's use of Dr. Kline's Great Nerve Restorer. Free \$2 trial bottle & treatise. Dr. Kline, 933 Arch st., Phila., Pa.

It's about as hard for a man to keep a diary as for a woman to keep a sharp lead pencil.—Chicago Daily News.

I use Piso's Cure for Consumption both in my family and practice,—Dr. G. W. Patter-son, Inkster, Mich., Nov. 5, 1894.

The earth goes 'round, but it would not go round if divided up among all the parties who want it.—Puck.

The man who owns a sleigh has no diffi-culty in making himself solid with the girls. As girls soon get cold and are ready to go home he can take as many as six in one after-noon, taking each girl home as fast as she freezes and going for another. The man who gets a giri in a buggy in summer isn't allowed to turn back till the horse gets lame.—Atchison Globe.

All About Alaska.

Persons desiring latest and most complete information about the Alaskan gold fields can get maps and other matter by sending four cents in stamps to W. M. Lowrie, Gen-eral Agent Great Northern Railway, 220 South Clark St., Chicago, Ill., or free by calling at his office. The Great Northern short line to Seattle and Portland; vestibuled trains; tourist sleepers; meals in dining cars a la carte; connects with all Alaska steamers.

In Vienna.

First Citizen—And is Herr Von Pom-meler a proper candidate for the reichs-rath? Second Citizen (impressively)-Myfriend, you should see him punch the bag.-Puck.

To Cure a Cold in One Day Take Laxative Bromo Quinine Tablets. All

druggists refund money if it fails to cure. 25c. Every man remembers having been re-

jected as juror in some lawsuit.—Washing-ton Democrat. Limp and lame—lame back. St. Jacobs Oil cures it promptly, surely.

Talk is cheap, but somehow gossip always gains currency.—Chicago Daily News.

A STITCH IN TIME SAVES NINE.

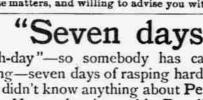
Heat, sense of tenderness and swelling of a part, are all indications that there is need of instant repair -the stitch in time. Where these symptoms exist on the left or the right side of the womb, disease of the ovary is setting in, and soon there will be, if there is not already established, a discharge, trifling at first, but later copious and irritating. Soon, also, there will be felt dull, dragging pains radiating from Do not, my sister, let your malady go so far, but

those of you who are already suffering in this way should begin at once a course of treatment with Lydia E. Pinkham's Vegetable Compound. It will restore the organs to their normal con-

In this connection Mrs. E. L. Myers, Quakake, Pa., says: "My ovaries were badly diseased, and for almost a year I suffered with se

vere burning pains which were almost unendurable, and a dull, heavy pain in the lower portion of my back. If standing I was most relieved with my foot resting on a stool or chair. The doctor told me I would have to take my bed and keep quiet. I had not used half a bottle of Lydia E. Pinkham's Vegetable Compound before it worked wonders with me. I now owe my health to the Compound. To those who are suffering from diseases peculiar to women, I would say that Lydia E. Pinkham's Vegetable Compound is just what they need."

Mrs. Pinkham wishes to befriend you, and if you will write her at Lynn, Mass., telling her just how you feel, she will give you the very best advice free of charge. Think what a privilege it is to be able to write to a woman who is learned in all these matters, and willing to advise you without charge.

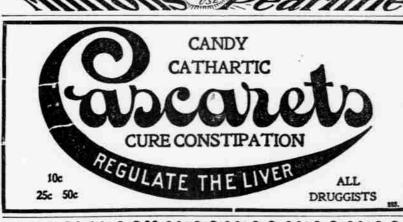


of wash-day"-so somebody has called housecleaning-seven days of rasping hard work. This person didn't know anything about Pearline. House-cleaning with Pearline doesn't

> mean the usual hard work. Neither does washday. And what would ordinarily take seven days ought to be done

> in three. Try Pearline and see for yourself the

Y saving in time and work and rubbing. 588 Willions Pearline



"THE BEST IS, AYE, THE CHEAPEST." **AVOID IMITATIONS OF**

SCHUH'S HOME-MADE

For Liver, Stomach, They act directly on the BILE by removing all UNHEALTHY MATTER from the stomach. ONE BONE will do more good than Kidneys and Malaria, for free sample to BONUH DRUG CO.

WHEN THE Liberty Bell

Sounded the proclama-tion of independence throughout this land, it HONE was no more pleasing to the ears of our fore-fathers who fought for the liberty we now enjoy than is to-day the name of Dr. Bell's Pine-Tar-Honey to the many men and women this remedy has liberated from the terrible agonies of a serious lung trouble. If taken in time it will stop the progress of Consumption. It will stop the cough at once, and give quiet rest and refreshing, whooping Cough and Grip disappear by its use as snow before the sunshine of spring. It exhilarates the lungs, and overcomes disease by feeding to the blood

fat-forming oxygen. Take no substitute.

The E.E. Sutherland Medicine Company, Paducah, Ky.

At all good druggists, or sent upon receipt of

SENT FREE TO ANY ADDRESS UPON RECEIPT OF

Five Two-Cent Stamps TO COVER THE COST OF

BEST INSTRUCTOR

in geography ever seen. Interests the children and teaches them the geography of their own country in a practical and lasting manner. Not more than one sent to one ad-

F. H. LORD,

General Passenger and Ticket Agent, Chicago Great Western Railway, QUINCY BUILDING. CHICAGO, ILL



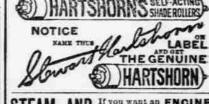


\$15 to \$20 PER ACRE searly, become a canada. Good crops, Good PRICES; Raifronds, Schools, Churches; fuel in abundance. IF For Illustrated Pamphiets, Maps and low railroad rates, apply to Dept Interior Ottawa, Canada, or to J. S. CKAWFORD, Canadian Gov't Agent, 408 Board of Trade Building, Kansas City, Mo.



Rock Island Tourist Car Excursions to CALIFORNIA. Leave CHICAGO, via Scenic Route, THURSDAYS.

Via Southern Route, TUESDAYS, PERSONALLY CONDUCTED. formation and folders, write Jno. Sebastian, C. P. A., CHICACO.



AND If you want an ENCINE
or DYNAMO of any description, don't purchase
until you have sent for our
SECOND - HAND LIST.
MACHINES of all kinds MACHINERY, in first-class condition, at about ONE-THIRD the PRICE of new. Chicago Edison Company,

No. 189 Adams Street, Chicago, Illinois. Best Route to Klondike

Only Personally Conducted Tourist Excursion to PORTLAND, ORE., run VIA CREAT ROCK ISLAND ROUTE Leave CHICACO Thursdays
Good connections for TACOMA and SEATTLE
Write for Rates and Elondike Folder.

Jno. Sebastian, C. P. A., CHICACO. A. N. K.-B

